

Red Potato and Cabbage (Colcannon)

Colcannon is a warm, traditional Irish-style dish of creamy mashed red potatoes blended with sautéed cabbage and onions for a hearty, flavorful side.

Makes: 11 Servings
 Prep Time: 15 minutes
 Cook Time: 20 minutes

Source: Food Hero

Ingredients

- 1 pound red potatoes (about 3-4 cups chopped)
- 1 tablespoon margarine or butter
- 1/2 cup onion, chopped
- 6 cups green cabbage, thinly sliced (about 1/2 head)
- 1 cup nonfat or 1% milk
- 1 teaspoon salt
- 1/4 teaspoon pepper

Directions

1. Scrub potatoes but do not peel. Cut into quarters. Cook in boiling water or steam until tender, about 15-20 minutes.
2. While potatoes cook, heat butter or margarine in a large skillet over medium high heat. Add onion and cook until it becomes clear, about 3-5 minutes.
3. Add cabbage and cook, stirring occasionally, until cabbage begins to brown, about 4-6 minutes.
4. Reduce heat to low. Add milk, salt and pepper. Cover and cook until cabbage is tender, about 6-8 minutes.
5. Drain potatoes. Add cabbage mixture to potatoes. Mash with a potato masher or large fork to reach desired texture. Serve warm.
6. Refrigerate leftovers within 2 hours.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1/2 cup	
Nutrients	Amount
Calories:	60
Total Fat:	1.5g
Saturated Fat:	0g
Cholesterol:	0mg
Sodium:	250mg
Total Carbohydrates:	11g
Dietary Fiber:	2g
Total Sugars:	3g
Protein	2g

Utensils Needed

- Sharp knife
- Cutting board
- Pot
- Skillet
- Measuring spoons
- Measuring cups
- Large bowl
- Fork or potato masher



SHOPPING LIST

Average total cost without oil and seasonings: \$8.61

Average cost/serving: \$.78

Makes: 11 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 4 to Cart
Red potatoes



Add 1 to Cart
Fat-free or 1% milk, half gallon



Add 1 to Cart
Green cabbage



Add 1 to Cart
Onion

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Use leftover cooked potatoes or cabbage from another meal to cut down on prep time and stretch your food budget.
- Boost nutrition: Leave the potato skins on for added fiber and nutrients – just scrub well before chopping.
- Food safety tip: Refrigerate leftovers within 2 hours and enjoy within 3–4 days for best quality and safety.

